



Praline Apple Bread

Ingredients

1 cup granulated sugar
1 8-oz carton dairy sour cream
2 eggs
2 tsp vanilla
2 cups all-purpose flour
2 tsp baking powder
½ tsp baking soda
½ tsp salt
1 ¼ cups chopped, peeled tart apple
1 cup chopped pecans
¼ cup butter or margarine
¼ cup packed brown sugar

Procedure

In a large mixing bowl beat together granulated sugar, sour cream, eggs and vanilla on low speed of an electric mixer till combined, then beat on medium speed for 2 minutes.

Stir together flour, baking powder, baking soda and salt; add to sour cream mixture, beating on low speed till combined. Stir in apple and ½ cup of the pecans. Turn into a greased 9x5x3-inch loaf pan. Sprinkle with remaining chopped pecans; press lightly into batter.

Bake in a 350 deg oven for 55 to 60 minutes or till a toothpick inserted in center comes out clean. (If necessary cover loosely with foil the last 10 minutes of baking to prevent over-browning.) Cool in pan on a wire rack for 10 minutes.

Meanwhile, in a small saucepan combine butter or margarine and brown sugar; cook and stir till mixture comes to a boil. Reduce heat and boil gently for 1 minute. Remove bread from pan. Drizzle top with brown sugar mixture; cool. Makes 1 loaf (18 servings)

Nutrition facts per serving: 203 cal., 10 g total fat (4 g sat. fat), 36 mg chol., 175 mg sodium, 27 g carb., 1 g fiber, and 3 g pro. Daily values; 6% vit. A, 0% Vit. C. 5 % calcium. And 6 % iron.

S. Hando